

SCDD Regional Office – Sacramento

Activities for April – May 2018

1.1 The Council will increase knowledge about self-determination and person-centered planning by monitoring, supporting and actively engaging in the implementation of the Self-Determination Program.

- Attended the Statewide Self-Advocacy Conference in Sacramento.
- Staff supported self-advocate, Lisa Cooley, to offer a training on The Self-Determination Program and Is It Right for You? at the Statewide Self-Advocacy Conference.
- Provided a workshop on Self-Determination to parents at the Meristem Work Skills Fair.
- Participated in the local Self-Determination Advisory Committee at Alta California Regional Center.
- Participated in a planning team meeting for the Fall 2018 Supported Life Conference.
- Attended the Statewide DDS Self-Determination Stakeholder Committee.

1.2 The Council will promote self-advocates in leadership roles in statewide networks a) through the strengthening of a statewide self-advocacy organization and by supporting self-advocates; b) within cross-disability leadership coalitions; and c) in training other self-advocates to become leaders.

- Staff met with Nancy Esparza, RAC Member and Self-Advocate, to develop PowerPoint and presentation materials for her session on "Serving on a Board/Committee" at the SLI Self-Advocacy Conference May 4-5, 2018.
- Staff participated in the Statewide Self-Advocacy Conference providing a resource and information table with handouts on:
 - SCDD vision and mission
 - Person Centered Planning (English and Spanish)
 - Self-Determination (English and Spanish)
 - College Students and Professionals with Disabilities Video Library
 - In Home Supportive Services (IHSS)
 - Things to Know About College Disability Services
 - Steps for Easing the Transition to College
 - Competitive Integrated Employment (CIE) Overview
 - DDS Paid Internship Program
 - Department of Rehabilitation (DOR) Student Services: School Fact Sheet
 - CalABLE
 - What is influencing changes to the Developmental Disability System in California?

- Emergency Go Kits Check List
- Emergency Plan Checklist
- Voter's Choice Act (for Sacramento Residence only).

2.1 The Council will increase and promote culturally competent strategies and resources that facilitate competitive, integrated employment (CIE) of people with I/DD.

- Attended the Consumer Advisory Committee (CAC) at ACRC.
- Attended and provided information at the El Dorado, Sacramento, Nevada, Placer, Yolo, Yuba and Sutter County SELPA CAC meetings.
- Provided outreach information on the SCDD and CalABLE updates at the Rural Regional Alliance (RRA) Team meeting in Woodland.
- Attended the Business Advisory Council (BAC) monthly planning meetings
- Attended and provided information about DOR, DDS and CDE's efforts for CIE and the blueprint plans for people with ID/DD for the purpose of outreach to the Align Rural Region (ARR) of Colusa, Yuba, Sutter, Yolo counties.
- Staff participated in the Supported Life Conference Planning meeting.
- Staff presented an information table at the NorCal Deaf and Hard of Hearing Career Fair at American River College in Sacramento.
- Staff met with Mikey Meagher with Direct Employers. She is a Strategic Partnerships and Alliances Specialist and has a host of employers looking for potential employees.
- Sac Regional Office sponsored the Redefining the Spectrum of Ability Work Skills Fair at Meristem Program in Fair Oaks.
- Attended the Building Trades Career Expo and Hiring Event - Job Fair in Woodland, Yolo County.
- Staff met with the director of the UCP Odyssey program in Rancho Cordova. This program recently opened (funded with CPP funds) to support individuals moving from Sonoma Developmental Center to the Sacramento region.
- Met with employers, employment agencies and Alta California Regional Center staff together with the Sacramento Regional Inclusion and Diversity Council (SACTOID).
- Met with C2C (College to Career) at Sac City College.

3.1 The Council will work with housing entities to increase the development and/or provision of community housing for people with I/DD.

- Staff and self-advocate, Tyson Whitman, offered a training on Housing and Living Options in the Community at the Statewide Self-Advocacy Conference.
- Staff met with Erica Rodriguez-Langley, staff assistant to Assembly member Jim Frazier in Walnut Grove for the purpose of giving information on the transition process and

community placement planning (CPP) provided to people transitioning from Sonoma Developmental Center (SDC).

3.2 The Council will identify and decrease barriers to housing for people with I/DD.

- Attended the Independent Living Vendor Forum at Alta CA Regional Center.

4.1 The Council and its federal partners will increase knowledge and awareness for people with I/DD and their families about the availability of and access to health and public safety-related services and supports.

- Provided outreach to Leann Dickinson owner of Special-Fit Sacramento in Loomis.
- Provided and information table at the Sacramento City College Health Fair and Disability Awareness Day.
- Met with 2 staff from Stand Up Placer (Empowering Survivors, Saving Lives) in Placer County to develop a curriculum for a 1, 2, or 3 part training to self-advocates with IDD at Studio 700 Day Program.
- Met with Lisa Beauchamp of My NICU Journey to plan for the next round-table event.
- Staff and self-advocate, Tyson Whitman, offered a training on 1) Emergency Preparedness; and 2) Your Medications - What You Should Know at the Statewide Self-Advocacy Conference.
- Participated in Anthem Blue Cross Community Advisory Committee meeting in Grass Valley.

4.2 The Council, its federal partners, and self-advocates will increase information and training to law enforcement, court personnel, health care providers, and/or other care professionals about disability-related health and safety issues.

- Attended the Residential Vendor Forum at ACRC.
- Participated on the Yuba Sutter ADRC Steering Committee Meeting. The Yuba/ Sutter Adult and Disability Resource Connection is a collaborative effort of the Agency on Aging Area 4 and FREED to develop an Aging and Disability Resource Connection (ADRC) in Yuba and Sutter Counties.
- Attended and participated in the Yolo County Health Council meeting in Woodland.
- Staff (with the assistance of NVHRO staff) trained 36 Department of Social Services, Community Care Licensing LPA employees in Sacramento on a 14-hour curriculum on Intellectual and Developmental Disabilities and Interviewing Strategies.
- SAC staff and the North State office staff trained 25 First Responders, Police Officers, Probation Officers, County Jail Officers and staff, Department of Fish and Wildlife Personnel, Mental Health Workers, California Highway Patrol Officer, and County

Employees from Siskiyou County as part of their 24-hour Crisis Intervention Team (CIT) Training.

- Trained 36 First Responders, Police Officers, Probation Officers, County Jail Officers, and California Highway Patrol Officers, from Shasta County as part of their 24-hour Crisis Intervention Team (CIT) Training.
- Trained 51 Sacramento Police Department Recruits on an 8-hour LD37 Disabilities and Mental Health Curriculum as part of their 14 week Academy Training.
- Developed an 8-hour LD37 training curriculum and binder to correlate with LD37 learning modules for IDD, mental health, and law enforcement. POST methods of "active adult learning" were used to develop the curriculum.
- Staff updated the 14-hour curriculum on Intellectual and Developmental Disabilities and Interviewing Strategies using POST active adult learning training strategies for the Community Care Licensing LPA employees.
- Attended the Assembly Select Committee on Community and Law Enforcement Relations and Responsibilities, Chaired by Assembly member Jim Cooper.
- Attended the Building Community Resilience: 2018 Violence Reduction Summit in Sacramento.
- Attended the National Crime Victim's Rights Week Department of Corrections and Rehabilitation's Moment of Silence & Information Fair.
- Met with California Highway Patrol to discuss presentation to SANKOFA group in the near future on "individuals with autism and road/highway/driving safety".

5.1 The Council and its federal partners will increase knowledge and awareness of developmental milestones and intervention services for families of young children and professionals.

- Attended the SANKOFA African-American Parent Support Group coordinated by UCD Mind Institute.
- Hosted and moderated NICU Family Alliance gathering of agencies serving NICU families to explore how agencies can support the unique experience/needs of NICU families.
- Met with NICU Family Alliance to plan for NICU family workshop.

5.2 The Council, in consultation with its federal partners and other stakeholders, will increase awareness and knowledge for families and self-advocates about the availability of and access to services which support inclusive education.

- Met with Assembly member Jim Frazier's staff in Walnut Grove to talk about and advocate for full inclusion of all students with I/DD.
- Participated in the Laurel Ruff Transition School Open House & Annual Community Information Fair.

- Staff in collaboration with Disability Rights California (DRC) staff provided an IEP training titled: Understanding Your IEP Document and Writing Effective Goals.
- Participated in the Placer County SELPA - CAC Annual Parent Resource and Information Evening event in Rocklin.
- Staff presented information about the history, vision and mission of the SCDD and the HCBS Settings Rules affecting the DD system to the Yolo Early Services (YES) Team.
- Participated in the Nevada Joint Unified High School District Transition Fair at the Sierra Community College campus in Grass Valley.
- Served on a Panel coordinated by the Community Support Network Partners "Transition to Adulthood Planning for Youth with Special Needs" in Nevada City.
- Attended and provided information at the Successful Transitions for young adults with neurodevelopmental disorders forum at the UCDavis MIND Institute.
- Sac Staff and North Bay office staff attended the SANKOFA African-American Parents of Children with Special Needs Support Group at the UCD Mind Institute. Discussed SCUSD Audit – DRC staff were present to listen to stories related to audit.
- Attended and provided information and outreach at the Think Transition meeting at the UC Davis MIND Institute in Sacramento.
- Attended and provided input and written information at the Colusa, El Dorado, Nevada, Placer, Yolo, Yuba, Sacramento, Counties Special Education Local Plan Area's (SELPA) Community Advisory Committee (CAC) urging full inclusion in classrooms.

5.3 The Council, in consultation with its federal partners and in collaboration with educators and stakeholders, will increase information and technical assistance to prepare and empower students, families and professionals in developing individualized transition plans.

- Attended the Sac City Unified School Districts Board meeting along with Special Education CAC members advocating for appropriate Special Education services and supports.

6.1 The Council, in collaboration with our federal DD partners, will reduce service access barriers and decrease the disparity in available information, which describes services and supports that may be purchased throughout California's Regional Center system, by translating and providing information in Spanish and tracking statewide POS disparity data for Spanish-speaking self-advocates and families.

- Participated in an advisory committee for the UCD Mind Institute CEDD's grant for the DDS Disparity Funds Program to address health disparities in CA Regional Centers.

6.3 The Council will increase outreach, training, and technical assistance to improve the quality of and access to services, including (but not limited to) Regional Centers, education, transportation, public benefits, child care, and recreation for people with I/DD and their families.

- Provided outreach information and participated in the Folsom Parks & Recreation Community Awareness Event.
- Met with Imagine Transitional Living Services Program staff and consumers in Auburn to provide outreach and technical assistance. SCDD staff talked about the role of the SCDD and the regional center and their services.
- Attended and participated in the Community Based Organizations (CBO) working session focusing on the development of a plan of actionable steps regarding the City of Sacramento's recreation departments Children and Youth Programs Plan.
- Staff was invited to join the Help Me Grow Yolo County Leadership Team.
- Participated in a planning meeting for the annual statewide Supported Life Conference to be held October 2018.
- Provided an information table at the Annual Resource Sharing Fair in Roseville.
- Participated in the Statewide Self-Advocacy Conference in Sacramento providing a resource and information table for 2 days.
- Sac Regional Office was a Gold Sponsor (\$2,000) of the 23rd Annual Statewide Self-Advocacy Conference "Advocacy Rocks" attended by 370 individuals (243 self-advocates, 19 family members, 71 attendants, 37 professionals).
- Attended the CalABLE Advisory Committee meeting in Sacramento where Director Allen shared a program update, and solicited the feedback of their council members, in particular as it relates to the revision and issuance of our third Request for Proposals (RFP) for a program manager.
- Participated in the Planning Meeting for the UC Davis MIND Summer Institute on Neuro-Developmental Disabilities in Sacramento.
- Attended and provided technical assistance regarding youth with disabilities at the Sacramento Citywide Youth Development Planning team meeting. The City of Sacramento Recreation department is considering opening a new department for all youth in the greater Sacramento area and SCDD would like to provide perspective on supporting only inclusive activities.
- Attended the Sacramento County Voter Registration and Elections Voting Accessibility Advisory Committee.
- Participated in the Voter's Choice Act Coalition Meeting.
- Attended the ADRC (Aging and Disability Resource Committee) for Sutter/Yuba Counties.

- Attended the Day and Work Program Vendor Forum at Alta California Regional Center.
- Planned and attended a meeting at the Sacramento News & Review (SN&R) for the purpose of providing support and input on the possibility of a future publication on the topic of community inclusion for people with I/DD.
- Attended the Placer County ADRC (Aging and Disability Resource Connection collaborative meeting.
- Provided training to 20 staff at Easter Seals in Yuba City on HCBS Settings Rules, history of the DD System, Regional Centers, SCDD and community inclusion.
- Met with Social Security representative to discuss future joint trainings



WarmLine Family Resource Center & Yolo County Office of Education SELPA

presents

Transition to Adult Services for Youth with Disabilities

As youth (14-22 years old) move into adulthood, they and their families have many choices regarding services. This transition fair provides the opportunity to learn about what options are available.

Resource Fair

- Living Options
- Day Programs, Employment & College
- Supporting Self-Determination/Self-Advocacy

We look forward to seeing
YOUTH and PARENTS
at this exciting event!

Presentations - You can choose which one to attend. Each looks at promoting independence and self-advocacy.

Person-Centered Planning (PCP)

⇒ PCP assists in identifying what is important to the individual in addition to identifying what is important for the individual.

Self-Direction Through Alternatives to Conservatorship

⇒ Did you know that there are alternatives to conservatorship that preserve the person's civil rights and support them to make their own decisions?

This event is free, but registration is required.

Register online at [https://
bit.ly/2HWKC1J](https://bit.ly/2HWKC1J)

For assistance, please call
916-455-9500/844-455-9517

Wednesday, May 23, 2018
Resource Fair—6:00-8:30 pm
Choice of Presentations 7:00-8:00 pm

**Yolo County Office of Education,
Conference Center, Suite 120
1280 Santa Anita Court,
Woodland, CA 95776**



Supervisor Susan Peters

You are subscribed to updates from District 3 - Susan Peters for Sacramento County.

Dear Friends,

Online safety is a major concern for all of us. Threats posed by cyber criminals cannot be ignored -- seniors, families, parents, and children can all be victims. To help protect you, your family and your children, a free special "Cyber Safety 101" program will be presented by the Federal Bureau of Investigation (the FBI) on Tuesday, May 29, 6 pm, at the Mission Oaks Community Center in Carmichael.

The FBI will present cyber security tips and tricks to keep you and your family safe when online, this program is appropriate for anyone age 12 years and older. The Mission Oaks Community Center is located at 4701 Gibbons Drive. This program is being sponsored by the Mission Oaks Recreation and Park District, California State Senator Jim Nielsen and my office.

To attend, the FBI is requiring advance registration, which is being coordinated by Senator Nielsen's Office so please RSVP by either email to senator.nielsen@senate.ca.gov or by calling 916-772-0571.

Thank you and please be safe when online.

SUSAN PETERS
Supervisor, Third District
District 3 - Susan Peters

Did you know?

Voting in Sacramento County has changed!

- All voters will be mailed a ballot
- Voted ballots can be returned :

- ☒ in the mail
- ☒ at a Ballot Drop Box
- ☒ at any Vote Center



- Ballot Drop Boxes are open 28 days before an election, and Vote Centers begin opening 10 days before an election

For more information, visit our website:
<http://www.elections.saccounty.net>

VOTE MORE DAYS MORE WAYS

Under the Voter's Choice Act,
you choose when, where and
how you vote.

What's your plan to vote?

All registered voters in Sacramento County will get a ballot and pink return envelope in the mail in early May. You have 4 ways to cast your vote:



Vote by Mail

Ballots will be mailed to **EVERY** voter on **May 7th**.



Dropbox

Drop off your ballot at a secure ballot dropbox. Dropboxes will open on **May 8th**.



Vote Center

Visit **ANY** Sacramento County Vote Center to drop off your ballot or vote in person. The first Vote Centers open on **May 26th**.



Same Day Registration

Eligible voters can register and vote at **ANY** vote center in Sacramento County starting on **May 26th**.



#MoreDaysMoreWays

#SacVotes #Vota #SacCountyVotes

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VOTA MÁS DÍAS MÁS MANERAS

Bajo la Ley de Votación
Flexible, usted elije cuándo,
dónde y cómo votar.

¿Sabe qué?

¡El voto en el condado de Sacramento ha cambiado!

- Se les enviará una boleta a todos los votantes
- Las boletas votadas se pueden regresar:



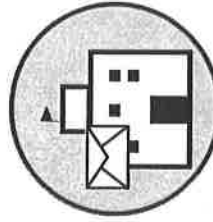
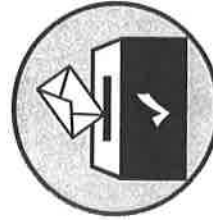
Por correo



en una urna postal



en cualquier centro de votación



- Las urnas postales estarán abiertas 28 días antes de una elección, y los centros de votación comienzan a abrir 10 días antes de una elección

Para obtener más información,
visite nuestro sitio de enlace:
<http://www.elections.saccounty.net>



Cuál es su plan para votar?

Todos los votantes registrados en el Condado de Sacramento recibirán por correo una boleta electoral y un sobre color rosado a principios de Mayo. Usted tiene cuatro maneras para emitir su voto.

Vote por Correo

Las boletas serán enviadas por correo a todos los votantes el 7 de Mayo.



Caja para Boletas

Deje su boleta en una caja para boletas del condado. Las cajas para boletas se abrirán el 8 de Mayo.



Centro de Votación

Visite cualquier centro de votación en el condado de Sacramento para dejar su boleta electoral o para votar en persona. Algunos centros de votación se abrirán desde el 26 de Mayo.



Regístrese el Mismo Día

Los votantes elegibles pueden registrarse y votar en cualquier centro de votación del Condado de Sacramento empezando el 26 de Mayo.



#MoreDaysMoreWays
#SacVotes #Vota #SacCountyVotes



STATISTICS SHOW...

In the United States approximately **1 out of every 4 girls & 1 out of every 6 boys is sexually abused**, and **95% of children know their molesters**.

Many people don't yet know these statistics and we believe the threat hits much closer to home than many of us would like to think. Here at Damsel in Defense we believe the time to change these statistics is now. That is why we have created **SAFEHEARTS**.

'SAFE' stands for **Sharing Awareness for Family Empowerment**, and this new product line will help families do just that. SAFE Hearts is a family education-based product line that enables parents to have the shoulder-to-shoulder conversations with their children that truly count. The books and resources give parents the opportunity to empower their children to take ownership over their own hearts and bodies, raise their awareness, and give them the ability to protect themselves against anyone who may try to harm them.

You may be asking, how do we raise awareness in our children without teaching them to fear everyone around them? Our goal together is to empower children to take ownership over their own hearts and bodies. The SAFE Hearts storybooks will equip children with the knowledge of why they may be feeling uncomfortable, give them the right words to say to exit a situation safely, and leave them feeling empowered and proud of themselves because they made the right choice in a tricky situation. As children learn from the situations in these books, we believe they will be strongly equipped to avoid harm in the future, should a situation arise. But it doesn't stop with a single storybook between parent and child at bedtime. The effect of this education will create a ripple of safety as these children will not only be equipped to protect themselves, but the hearts of their friends and playmates as well.

Not only do we offer storybooks for children, but it is our goal to educate parents as well. As a wellspring of knowledge and safety for their children, we highly encourage parents to be engaged and proactively educated in the understanding of why these conversations are integral for families to discuss. The Proactive Parent Guide offers parents (and guardians alike) a step-by-step guideline of how to bridge that gap into these shoulder-to-shoulder conversations with full confidence instead of trepidation or unease.

Unfortunately, we know that for some the conversation of prevention may be too late. We offer SAFE Hearts as education and empowerment that brings healing after an assault has occurred. Through the SAFE Hearts storybooks children, and even parents, will learn that they are not broken beyond repair, but can be made whole and stronger than before an assault. We offer resources in the Proactive Parent Guide as well as through a non-profit charity we support (*see info below*) to receive the necessary counseling to offer a path of healing and hope.

While education will always be the basis for the SAFE Hearts product line, we also offer fun and playful products and free resources for children and families to continue the conversations further. We encourage you to stay in contact with your Independent Damsel Pro for the latest product releases. Please visit safehearts.com for more information.



Damsel in Defense is proud to give 5% of all SAFE Hearts product proceeds towards funding counseling services for those affected by childhood sexual assault. If you or your child are seeking assistance as a result of sexual trauma please apply confidentially at speakyoursilence.org/safehearts

SAFE Hearts Short Film <https://vimeo.com/172159038>





ROBIN PADILLA
INDEPENDENT DAMSEL DIRECTOR

916.521.3421
Robin@DefendableMe.com
DefendableMe.com

CHILDREN'S STORYBOOK COLLECTION

Our family education-based product line enables parents to have the shoulder-to-shoulder conversations that empower their children to take ownership over their own hearts and bodies, raise their awareness and give them the ability to protect themselves.

\$10 ALL CHILDREN'S BOOKS

\$5



PROACTIVE PARENT GUIDE

12 essential family safety conversations

This helpful resource is packed full of tips and guidance for parents as they navigate through safety conversations with their children about important topics.



HEALED HEARTS HEAL HEARTS

a "kid-versation" about restoration

When Simon's sister, Cynthia, is struggling to repair the missing piece of her heart, the team works together to help her find it and heal her heart back to whole.



JULIAN'S SOLO VOYAGE

a "kid-versation" about the buddy system

Follow Tomás as he helps Julian navigate a tricky situation when a stranger in a public bathroom wants to offer assistance.



SHIELDED EYES, SHIELDED HEART

a "kid-versation" about pornography

When Caleb's Mom leaves him home alone, the Heart Defenders take action when a peer sends him inappropriate content online.



CHACE'S CHAMPION

a "kid-versation" about safe adults

When Willow's safe adult doesn't believe the account of abuse she witnessed, Faith encourages her to press on to find the help her cousin needs.



MADISON'S BIG BROTHER

a "kid-versation" about saying no

Follow Elizabeth as she helps Isabella navigate a tricky situation when a boys tried to kiss her while they are home alone.



A SECRET GIFT FOR GRACE

a "kid-versation" about grooming

All that little Grace ever wanted was a puppy. She finds herself caught in a bind when her neighbor bribes her into keeping a secret for him in return for the puppy.



ALL-STAR DUGOUT DREAMS

a "kid-versation" about coercion

Follow Simon as he helps James navigate a tricky situation when his baseball coach tried to coerce him into an unplanned ride home.



MY FRIEND'S NEW TOY

a "kid-versation" about tricky friends

Follow Faith as she comes to the aide of Olivia who is in a tricky situation with a friends who wants to disrobe at a play date.



ASK me how to ORDER today!

Damsel in Defense is proud to give 5% of all SAFE Hearts product proceeds towards funding counseling services for those affected by childhood sexual assault.



Damsel IN DEFENSE®

October 9, 2017

I have had several opportunities to use the books with children, pre-teens and teen clients. The board game I used with a teen client and found it to be still very relevant for that age. I gave one of the safe heart defenders lunch boxes to a teen client as well. She loved it.

The scenarios depicted in the books are very real life. They are great discussion starters for what are uncomfortable subjects to talk about and show that the client is not the only one who has had these experiences. Feedback I have received is it helps them not feel so isolated and alone by using the characters of the Heart Defenders portraying the qualities of fearlessness, cautiousness, braveness and boldness and voice of reason. Kids say the stories take something scary and show that listening to your gut and telling a safe adult is the right choice.

I would highly recommend using these resources and am grateful for the difference I have seen these resources make in client's lives.

Susan Riveccio, MFT Intern #82100

April 19, 2018

Teaching children body boundaries is extremely important. When I look at the severe trauma and abuse our children experience in our cases I am reminded again that prevention is so important and I have to wonder if more people were educated about these books how many of those circumstances we could prevent. I am hopeful that these books will end up in schools and used by individuals like social workers and others working closely with children. We are excited to use them as a resource for our volunteers and children in our county!

Taylor Baierlein

Program Manager - Volunteer Recruitment & Training / CASA
Child Advocates of Placer County

May 5th 2018

I never dreamed in a million years that something bad would happen to my daughter as a result of a cute bunny videos search on the internet. I thought I had covered everything with my daughter and that she would tell me if anything "inappropriate" ever happened. I taught her how to protect herself. Or, I thought I did.

About six months ago I found out that my 9 year old daughter had come across pornography when she did a search for cute bunny videos. It came out after many tears that my daughter had kept this secret from me for a year. She was deeply ashamed of how curious she felt and that she felt compelled to watch it. My daughter suffered because she had shame about some things she had seen and didn't tell me.

I got Lola and me into counseling right away in which we went sometimes three times a week. Slowly she unraveled her feelings and the guilt she had felt was beginning to leave her, but I felt discouraged by the lack of help and I knew this had to be happening to more than children.

That's when I came across the SAFE Hearts series. This series is all about "tricky people" and possible "tricky situations" that kids can get into.

Each book takes you through the journey of a child and the everyday things that enter into their lives. These things take a huge piece of a child's heart without the parent ever knowing. Lola and I have read through the series many times and they are a HUGE reason she has healed. Lola no longer feels alone or different from others.

Don't wait until it's too late. Don't think that it can't happen to you. My daughter is a bright, beautiful, smart, clever little girl and the things she saw took a huge piece of her spirit. Had it not been for God, counseling, and the Heart Defenders series it could have broken it. These books saved our life! Every parent MUST have this series. It gave me and my daughter a whole new relationship that is deeper and stronger than I could've ever hoped. And that's saying a lot because we are extremely close.

Jen & Lola